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talk about fresh solutions **save on foods**

Check out this week's Fresh Solution, Shrimp and Chorizo Pizza, on pages 6 and 7.
 Feeling inspired? Pop into a local Save-On-Foods store to pick up the ingredients in one easy stop.

Vancouver metro

Under the spell of Dr. Strange metroLIFE

Your essential daily news | WEEKEND, NOVEMBER 4-6, 2016 **High 15°C/Low 12°C Cloudy**



AFTERMATH
Community reels over murder of 13-year-old Letisha Reimer
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THE CANADIAN PRESS/HO-FACEBOOK-IN LOVING MEMORY OF LETISHA REIMER

Second-hand business is big — \$1B big

ECONOMY

Millennials in B.C. especially likely to sell used goods



Wanyee Li
 Metro | Vancouver

Almost everyone in B.C. participates in the province's second-hand economy, buying \$1 billion in used things every year, according to a Vancity-commissioned report released Thursday.

An overwhelming 97 per cent of British Columbians buy, sell, or donate used goods, according to the poll, conducted by Qirously.

Affordability is the biggest reason people buy things second-hand, especially for millennials, said William Azaroff, vice-president of community investment at Vancity.

"(Millennials) are in a time of their life where they're not earning as much as they will later in life and yet the cost of living is so (high)," he said.

"This is a cohort that has had to become creative in order to live here."

More than half of people who reported buying second-hand goods said they did so in order to save money or to make their dollar stretch more, according to the report.

But that doesn't mean people are not willing to spend more money on certain things, said Azaroff. In fact, 74 per cent of millennials, compared with 66 per cent overall, said they would be willing to pay more for a big-ticket item if it is of high quality and can be sold later for a higher price, he pointed out.

About 52 per cent of millennials who participate in the second-hand economy say they are in financial hardship, according to the report.

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Liquor collectors line up

ALCOHOL

Campers eagerly await Premium Spirits Release



David P. Ball
Metro | Vancouver

A large blue tarp wall and barking dog welcomed Metro to a cluster of tents outside the B.C. Liquor Store on Cambie Street on Thursday.

People huddled for warmth around heat lamps may have made passers-by think another tent city has popped up.

But these 34 campers, some set up since at least Oct. 27, are leafing through the B.C. Liquor Distribution Branch's booklets listing the offerings at Saturday's Premium Spirits Release.

Many told Metro they're seeking one of Kentucky's best bourbons, Buffalo Trace Distillery's limited-edition Pappy Van Winkle — the oldest batch of which sells for \$370 a bottle.

"I'm here for the Pappy," said one camper, Traci Monchamp, a bourbon enthusiast who works as computer library systems analyst in the Fraser Valley. "I tried for the 20- and 23-year-old Pappy's last year but I didn't get them."

"I came two days earlier this year, but I'm at the same number (in line) as I was last year. They're only available here and then they are gone. Then you can try again next year and see



Left: A tent city has sprung up outside the Cambie Street BC Liquor Store ahead of the 2016 Premium Spirit Release collection. Systems analyst and bourbon enthusiast Traci Monchamp joined the queue a week ago. Right: Jay, who is being paid \$100 a day to camp outside the Cambie street BC Liquor Store for a week, is holding a local lawyer's place in line for rare spirits being released on Saturday. JENNIFER GAUTHIER/METRO



if you're lucky enough to be in the line-up early enough."

Adele Shaw, the liquor branch's category manager who selected the premium offerings, said the annual event is a chance to expose people to a wider variety of liquor from around the world. And it's not just for hard-core connoisseurs, nor is everything more than

\$100 — despite the most expensive scotch being the \$43,500 Macallan Lalique VI, bottled in 1951.

"It's first come, first served," she said. "I have to say, I was a bit surprised by how soon they camped out this year. Some of these things are so hard to get across North America."

But the event has taken a

darker turn, some serious collectors say.

"Last year was the first that saw them make it a business from out-of-province and the U.S. — not for the love of whiskey but pure profit," Cameron Bogue, who works as Earl's restaurant chain's cocktail-mixer-in-chief and has attended the release for seven years. "This

was supposed to be an opportunity for Joe Consumer to buy really rare spirits ... people are taking advantage of it."

Also camping: at least six people who would normally be living on the street.

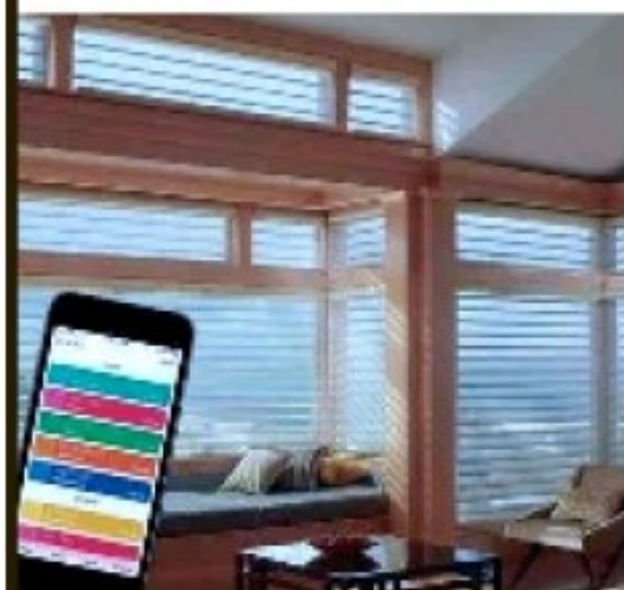
A local lawyer, they told Metro, paid each of them \$100 a day to hold his place in line since last week.



I have to say, I was a bit surprised by how soon they camped out this year.

Adele Shaw

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HUDSON'S BAY

Kinder Morgan Canada boss questions climate science

ENERGY

Company waits for Ottawa to decide fate of pipeline

Jen St. Denis
Metro | Vancouver

The president of Kinder Morgan Canada expressed doubt that climate change is being caused by human activity, and said Thursday in a speech at the Greater Vancouver Board of Trade that he expects current levels of fossil fuel consumption to continue for the next 40 to 50 years.

"There is science that will suggest one path to climate change and mankind's influence on it and there is another path that exists and I'm not going to judge one path versus the other. I'm not smart enough to do that," Ian Anderson told reporters following his address.

"What we do know is that broad public opinion and social society today believes that fossil fuels are ... necessary and required, and over time we should be looking to minimize the impact of those fuels."

A broad scientific consensus concludes that human-caused greenhouse gas emissions are leading to warmer temperatures, causing significant changes such as melting sea ice, sea level rise and changing weather patterns.

Kinder Morgan has applied to twin its existing Trans Mountain pipeline from Alberta through B.C., terminating in Burnaby. The expansion would increase capacity from 300,000 barrels of oil a day to 890,000 and result in a sevenfold increase in tanker traffic through Burrard Inlet to



Kinder Morgan Canada president Ian Anderson addresses the Greater Vancouver Board of Trade on Thursday.

DARRYL DYCK/THE CANADIAN PRESS

There is science that will suggest one path to climate change and mankind's influence on it and there is another path that exists and I'm not going to judge one path versus the other. Ian Anderson

export bitumen from Alberta's oil sands to overseas markets.

The National Energy Board approved the project with 157 conditions in May, and the company hopes to final approval from the federal government in December. Anderson said he also expects to see the federal govern-

ment devote more resources to spill response along B.C.'s coast, a key sticking point for the B.C. government, First Nations and environmental groups.

In early 2017, the company will also be taking a second look at whether it is economically feasible to go ahead with the

\$6.8 billion project, Anderson said. The oil and gas sector has been hit hard by low oil prices and many companies, including Kinder Morgan, have cut costs in an attempt to remain profitable and palatable to shareholders.

Anderson said the project today is different than the one proposed six years ago: in some places the pipeline walls will be thicker and the company plans to tunnel under Burnaby Mountain to avoid routing pipe under neighbourhoods. Kinder Morgan has signed benefit agreements with 18 communities along the pipeline route and has 40 letters of support from First Na-

tions leaders.

But the project has met continued resistance from environmental groups, some First Nations and the mayors of Burnaby and Vancouver.

"The concern I have with (Vancouver Mayor) Gregor (Robertson) is ... his ability and his tendency to reach out to the public, his profile, his presence, he gets attention," Anderson said. "His voice is heard, much to the disappointment of many of the supporting mayors that I have, for instance, in the Interior, who wish their voice could be heard as loudly by Lower Mainland media."

TRANS MOUNTAIN PIPELINE

Questions linger over expansion

A panel struck last May to identify gaps in reviews of the proposed Trans Mountain pipeline expansion says the government must answer some key questions before deciding the fate of the \$6.8-billion project.

In its report released Thursday, the three-member panel, which heard from thousands of people from Alberta and B.C. at meetings and via an online questionnaire, says its mandate doesn't include making conclusions or recommendations.

Instead, it said the government must ask itself questions such as how construction of the pipeline can be reconciled with Canada's climate change commitments and how the government can be confident in its decision given "perceived flaws" in the National Energy Board and other regulatory processes.

The federal government is expected to rule on the project before Dec. 19.

Environmental groups said the report suggests Prime Minister Justin Trudeau's government should reject the pipeline and vowed more civil disobedience if it doesn't.

"The questions raised by his own panel, about how Canada can square this pipeline with climate commitments and promises to respect Indigenous rights, remain unanswered," said environmentalist Clayton Thomas-Muller of 350.org in a statement.

Natural Resources Minister Jim Carr said in a statement the report will be an "important element" in the government's decision.

The panel said most of the over 35,000 people who responded to the online questionnaire said they support the Trans Mountain project.

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VANCOUVERING

Uncovering Vancouver's indigenous history

**Archeologists
dig up cultural
clues about
our city's past**



**Amy
Logan**

For Metro | Vancouver

Many think of Vancouver as a comparatively new city, but people have been living here for thousands of years, and a growing body of archeology in the area continues to reveal just how extensive and complex these ancient sites were.

From an exhibition highlighting the important history of the Marpole Midden, to Canada's first full-time, in-house, archeologist hired by a city, Vancouver is working towards uncovering the truths of its past. The places, tools, and artifacts that are being uncovered are of ongoing significance to the people who were here long before Europeans ever arrived.

As Aviva Finkelstein, a professional consulting archeologist, said in a recent Vancouver talk, anywhere we would want to eat, camp or spend time, people were living, fishing and meeting. The same things that make Vancouver so desirable today have always drawn people here. Stanley Park alone is full of such sites, from shell middens to the ancient village of Xway xway near Lumberman's Arch. There are many places around Vancouver that are thousands of years old.

Jericho and Locarno beaches, for instance, have substantial village sites as does UBC, North Vancouver, and the Glenrose Cannery area in Delta. There are excavations occurring all over the area, including in Deep Cove and up the Burrard Inlet.

With its prime location at the mouth of the Fraser River, the Marpole Midden site was once a bustling village that existed there for about 1,000 years. Located on what is now Southwest Marine Drive, the site contained thick layers



Two archeology students from Simon Fraser University carefully excavating a 6,500-year-old site in the Fraser Valley. COURTESY DANA LEPOFSKY



Ar-Te-Catse, A West Coast Morning by Benjamin W. Leeson. COURTESY VANCOUVER ARCHIVES

“Indigenous peoples have modified, tended and managed the landscape for thousands of years.” Dana Lepofsky

of shell, and thousands of artifacts as well as human remains, igniting a controversy when development unearthed ancient burials and the Musqueam people successfully fought to protect them.

Dana Lepofsky, an SFU archeology professor whose re-

search encompasses “how Northwest Coast peoples interacted with their land and seascapes,” points to the “wide, vibrant indigenous culture.” She suggests that for B.C. and Vancouver archeologists, it is a “privilege to study someone else’s history.

We are the outsiders.”

Lepofsky noted that local archeologists “continue to be surprised at the abundance and size of sites, what they hold in terms of history.”

As city-dwellers, what we think of now as the history of Vancouver is heritage homes in places like Shaughnessy, but First Nations’ villages in the area predate the Roman Coliseum. We are “newcomers and have lost our working observational skills. The area was densely populated long before we came,” Lepofsky said.

Clam gardens, stone fish traps and middens are all examples of the way First Nations peoples altered the local landscape, “from the ocean to sub-alpine areas,” said Lepofsky. “We tend to think of this landscape being modified by newcomers, but indigenous peoples have modified, tended and managed the landscape for thousands of years.”

When people think of the ancient past, they often think of monuments like the pyramids, but for those Vancouverites willing to look more carefully, cultures every bit as rich and intricate are all around them.



with icons by Danielle Vallée from the noun project



Caramel artisan Wes Raley makes sweet treats from natural ingredients. ABBY WISEMAN/METRO

Crushing on candy

GASTOWN

New sweet shop offers handmade, natural treats



Abby Wiseman
For Metro | Vancouver

It's a sleepy Saturday and I'm wandering around Gastown like a zombie. I peer into 49 W. Hastings St. and see a man stretching a clay-like mass. I keep walking, stop, and back it up because this looks like something to investigate.

The man is Wes Raley, caramel artisan, and he moved to Vancouver from Florida to bring us his gift of handmade candy at Wishing Treats Caramel Studio.

Raley himself is super personable and makes all the candy behind a counter in the middle of the store. He jokes that the most high-tech equipment in the building is a giant pair of metal scissors, as he measures ingredients for a master class he's teaching. It looks more like chemistry than cooking.

A former med-school student, Raley ditched being a doctor for the art of candy-making and achieved much success in Florida. He was approached by Wishing Treats owner Amir Hassan to bring his confectionary skills to Vancouver, so Raley

carted his kids up to Canada to launch the store.

He hands me a watermelon-flavoured rock candy and I am ruined. It's crispy and actually tastes like watermelon with none of that chemical residue taste I loathe in mass-produced candy.

Raley accomplishes his fantastic flavourings by using only organic and GMO-free plant-derived ingredients that are so concentrated that the watermelon tastes like watermelon, the lemon tastes like real lemons and the schnozberries tastes like real schnozberries — just kidding, Raley doesn't carry schnozberry.

All the candies are super fun and colourful, with flavours ranging from citrus to root beer to pumpkin spice that will knock you out. My personal favourite was the emoji mix, which, at \$6 for a small bag and \$11 for a big one, makes for a great stocking stuffer.

This is candy how it's supposed to be: fun, flavourful and made with ingredients anyone can pronounce.



Wishing Treats candies start at \$6 per bag. ABBY WISEMAN/METRO

talk about fresh solutions

Shrimp and Chorizo Pizza



Prep Time: 10 minutes | Cook Time: 10 minutes | Makes 4 Servings

Ingredients

- 2 Brick Oven thin pizza crusts
- ¼ cup (60 mL) Western Family Organics tomato sauce
- 250g package fresh mozzarella, sliced
- 350g (12 oz) fresh, wild, machine peeled shrimp
- 1-100g fresh chorizo sausage, very thinly sliced
- 2 tbsp (30 mL) extra virgin olive oil
- ½ of 28g package Western Family Organics basil
- salt and pepper to taste

Directions

1. Preheat oven to 450°F (230°C). Line two baking sheets with tin foil.
2. Place pizza crusts on prepared baking sheets and brush with tomato sauce. Top with the sliced mozzarella, shrimp and chorizo.
3. Bake in oven for 8 to 10 minutes, until cheese is melted and the crust is browned. Remove from oven and drizzle with extra virgin olive oil and scatter with the fresh basil leaves. Serve immediately.

Tip: Add cooked chicken breast, or make it fancy by topping with caramelized onions.

save on foods

VANCOUVERING



with icons by Danielle Vallée from the noun project



The Coast Salish Protocol Panel Discussion was held this week at the Morris J Wosk Centre for Dialogue. Right to left: Christina Nahanee (Musqueam), Charlene Aleck / Ts'isimtelot (Tsleil-Waututh), T?akwasikan Khelsilem (Squamish), and Irwin Oostindie. JENNIFER GAUTHIER/FOR METRO

Coast Salish protocol gains respect

INDIGENOUS STORIES

SFU panel says acknowledging territory is just the beginning



Cara McKenna
For Metro

It was only a couple of decades ago that it was considered controversial to have a local indigenous elder speak first at a city event.

Khelsilem, a member of Squamish Nation, recalls one of the first times that his grandmother Audrey Rivers was asked to open an event in Vancouver to acknowledge that it was being held on unceded territories.

"The mayor (at the time) was supposed to speak as well, and the mayor was very upset that he didn't get to speak first," he said.

"They didn't have any understanding about why it was important to acknowledge territory. That wasn't that long ago."

Khelsilem told the story during a four-member panel discussion on Coast Salish protocol at a packed event called Making Territorial Acknowledgements Matter at Simon Fraser University's downtown campus on Nov. 2.

Members of the panel from Vancouver's three First Nations observed how it's now completely normal to hear the words: "I would like to acknowledge that we are standing on unceded Musqueam, Squamish and Tsleil-Waututh territories" before any local event or meeting.

It's also increasingly common to have a local indigenous person open proceedings with a song or prayer. Khelsilem said his grandmother now has a packed schedule, sometimes opening three events in one day.

Charlene Aleck, a councillor with Tsleil-Waututh, said her nation has also been flooded with interest.

"We get a lot of calls from people opening festivals or conferences, and wanting to know 'What's most appropriate for entering into your territory?'" Aleck said.

Christina Nahanee, an executive assistant for Musqueam,



Tsleil-Waututh councillor Charlene Aleck said it's becoming common to open conferences and festivals by acknowledging that Vancouver is on unceded territory. Often, a local elder or indigenous person will begin proceedings by offering a song or prayer. JENNIFER GAUTHIER/METRO

said her community has hired a protocol officer who deals with those matters.

Khelsilem said it's a "beautiful thing" to not be able to keep up with the demand after years of being ignored.

However he said a growing

acceptance of the city's indigenous history means everyone must consider how to take their good intentions and kick things up a notch.

"All of our nations are trying to regain our power," he said. "Twenty years ago, that

looked like being disruptive by having a territorial acknowledgement, but if that's not disruptive again, it's about what's the next disruptive thing that helps restore power."

Irwin Oostindie, an SFU graduate student who research-



We get a lot of calls from people wanting to know, 'What's most appropriate for entering your territory?'

Charlene Aleck

es settler cultural policy, suggested naming actions that could be taken to create change before opening events or meetings rather than simply acknowledging Coast Salish territory.

The panellists also suggested looking for ways to create opportunities for local First Nations people either directly within organizations or when planning events.

Oostindie added that it's also about learning from mistakes and not being too afraid to step up and take action.

"Instead of waiting to ask a Coast Salish person 'What do we do,' you take the risk, you apply what you know," he said.

"Colonialism is (non-indigenous people's) problem, it's not Coast Salish people's problem."

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Violence against women linked to energy projects

FIRST NATIONS

Amnesty report finds resource industry key to wave of attacks



David P. Ball
Metro | Vancouver

A new report from Amnesty International called on the Canadian government to slow the pace of new resource and energy projects — in order to reduce their contribution to violence against indigenous women in British Columbia's north.

The human rights giant's study, released Thursday, interviewed organizations throughout the province's resource-intensive north to document what it argued were links between violence and transient industrial workers.

"Oil and gas, hydroelectric projects, coal and logging are bringing tremendous monetary wealth to north-east B.C.," said report author Jacqueline Hansen, Amnesty's women's rights campaigner, at a Vancouver press conference. "There are unintended, serious consequences of the resource economy in north-east B.C. that serve to further increase the risk that indigenous women and girls will experience violence."

Among the impacts of the boom-and-bust economic cycle, she said, are rising housing and grocery prices that accompany development. It has led to housing insecurity, which can trap low-earning women in abusive relationships by making it unaffordable to escape. Additionally, she heard from



Fort St. John residents Connie Greeyes, co-founder of the Fort St. John Women Warriors, left, and Prophet River First Nation social worker Helen Knott speak at the launch of Amnesty International's Out of Sight, Out of Mind report on Thursday morning. JENNIFER GAUTHIER/FOR METRO

Violence in its many forms accompanies rapid growth in an oil- and gas-based region.

Helen Knott, Prophet River First Nation

social workers and women interviewed for the report, the influx of employees with few local connections, often young men isolated from their own families and working very "challenging" hours and jobs, has increased the risk to women and local crime rates.

One woman at the press conference knows the threat well

from her own experience.

Helen Knott, a 28-year-old Prophet River social worker, said she was once sexually assaulted by a group of men who she alleged were transient workers in the local resource industry.

"Those kinds of events don't just end there," she said. "They have psychological, spiritual

and mental impacts that go on.

"Over the past two decades, I've watched Fort St. John and the Peace River region change dramatically ... Violence in its many forms accompanies rapid growth in an oil- and gas-based region."

Recently, she recounted, she was driving back into Fort St. John and saw a young Native woman barefoot outside town. She learned she was a sex worker and had been abandoned outside the city limits.

"I learned that leaving women on the side of the road

outside town is a common practice outside Fort St. John," she said. "It terrifies me knowing that these kinds of things happen in our small community, in our small region."

The Amnesty International report called on the federal government to implement the same standards it requires of Canadian-funded resource or development projects overseas: a gender-focused impacts review to determine how to minimize the risk to local women of industrial activity, before projects are approved.

HOMICIDE-KIDNAPPING

Police step up trio hunt

Vancouver police are on the hunt for three men charged in connection to a kidnapping and related double homicide earlier this year.

On Sept. 17, Vancouver police were called to a home on Dieppe Place in east Vancouver where they found the bodies of a man and woman and an unharmed four-year-old hiding inside the house.

The victims were identified as Xuan Vanvy Bacao, 24, and Samantha Le, 29. Investigators also learned that another male was kidnapped from the home during the incident. He was rescued two days later and three men, all in their 20s, were arrested at the time. They remain in custody.

On Thursday, Vancouver police spokesperson Sgt. Brian Montague said three more men have been charged with kidnapping and aggravated assault in connection with the incident and that there are Canada-wide warrants out for their arrests.

The three suspects are Ellwood Thomas Bradbury, 26, Matthew Scott Stewart, 33, and Eralan Lizandro Acosta, 26.

"These individuals are likely very well aware that the police are looking for them, they are extremely dangerous and any information that someone has about their whereabouts, we'd like to hear from you," Montague told media. "There are individuals out there that will know where these three men are, that know these three men."

So far, Montague says none of the suspects have been charged in connections to the murders.

"At this point, we have evidence to support charges of kidnapping and aggravated assault, but it's a very active case," he said. "The investigation into the homicides are continuing."

Police are not disclosing what the motive for the incident was.

Anyone with information about the wanted men are asked to contact Vancouver police.

MATT KIELYKA/METRO

SOCIAL INCLUSION

Survivors Totem Pole now ready to rise



Matt Kielyka
Metro | Vancouver

A totem pole dedicated to communities that have struggled for survival in Vancouver is ready for its public debut.

The Vancouver Park Board announced Thursday that the 27-foot Survivors Totem Pole will be raised in the Downtown Eastside's Pigeon Park on Saturday during a traditional potlatch ceremony.

The totem began in 2013 as a community crowd-funded project, in partnership with the Portland Hotel Society, intended to be a lasting symbol of inclusion between Aboriginals, Chinese Head Tax survivors, victims of Japanese internment during the Second World War, the homeless and those currently facing gentrification and other challenges in the DTES.

The Park Board approved a request earlier this year to accept the pole as a permanent

installation in Pigeon Park and contributed \$50,000 to make it happen.

The totem was carved from a 1,000-year-old red cedar log from Haida Gwaii by Skundaal, a Haida and Coast Salish artist and residential school survivor who lives in Vancouver, and three apprentices, at the Sacred Circle Society.

She previously told Metro that the project quickly gained momentum and significance as members of various commu-

nities came together to make it a reality.

"I didn't know this was going to be the survivors' pole, and then you hear about the head tax and internment and it took on a life of its own," she said in 2014. "It just really knocked the wind out of my sails, it triggered something in me. Everybody is down here for a reason. Whatever it is, I'm glad I ended up here because this is the greatest community around. It is so unconditional and the people here are very



Skundaal carving the Survivors' Pole in July 2014. The pole will be raised at Pigeon Park on Saturday. JENNIFER GAUTHIER/FOR METRO

accepting. You don't have to be a somebody."

Partners in the project now include the park board, city, Portland Hotel Society, Potluck

Café and the Vancouver Moving Theatre/DTES Heart of the City Festival. The raising is scheduled to happen around noon on Saturday.

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The perils of time changes

TIME

Adjusting clocks saves energy but not without costs

Jen St. Denis
Metro | Vancouver

A new study adds to a body of research that indicates daylight saving time isn't the productivity boost it's cracked up to be.

JP Morgan Chase Institute compared credit card transactions in Los Angeles, a city that turns its clocks back one hour in the fall, and Phoenix, which does not take part in daylight saving time.

Researchers found that consumers spend significantly less at the end of daylight saving

time, when clocks go back one hour. Daily spending per capita drops 3.5 per cent, compared to a smaller 0.9 per cent boost at the start of daylight saving time in May.

Grocery stores are hardest hit, with a 6 per cent drop in spending, while gas stations, retailers and discount stores lose 4.5 per cent.

The JP Morgan results match with a body of research on DST that show more losses than gains from switching back and forth, said Werner Antweiler, a professor of economics at the University of British Columbia. In 2015 Antweiler surveyed a number of studies on daylight savings time for a blog post questioning whether Canada should abolish DST.

A study of Indiana's introduction of DST in 2007 showed that people used less energy for lighting their homes, but

more for heating, resulting in an overall 1 per cent increase in electricity use. Other researchers have found energy efficient lighting is now erasing past gains in energy savings.

People don't just feel tired after falling back: they are less productive at work and worse drivers. UBC professor Mark Levi documented the "Monday" effect — workers are less productive at the start of the week — and found that the effect is "magnified" by 200-500 per cent on the Monday following the end of DST. Levi calculated the effect could result in a \$31 billion one-day loss on the stock exchange.

Daylight saving time can even be deadly: one study found that extending DST to

be all year-round would reduce pedestrian fatalities by 13 per cent, and traffic deaths by 3 per cent.

The JP Morgan survey notes that daylight saving time is a "live issue," with California recently debating a bill to end DST and Washington State considering legislation last year.

But Antweiler doesn't think Canada will move to change the current system until more American jurisdictions lead the way.

Most people don't suffer that much from the switch, save for a day of "jet lag," Antweiler said. It's only when researchers study the entire range of effects that the negative patterns, like an increase in traffic accidents, show up.

3.5%

The drop in per capita spending after clocks are set back an hour.



Daylight savings time uses more energy, causes productivity loss and makes people worse drivers. Is it time to do away with it? JEFF PACHOUD/AFP/GETTY IMAGES



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SENIORS

Toilet access keeps some home

When you gotta go, you gotta go — but for some Vancouver residents, the fear of getting caught without access to a washroom is preventing them from leaving home and taking part in city life.

"The seniors' advisory committee has been focused on isolation and loneliness," said Colleen McGinnis, chair of the city's seniors advisory committee, at a Nov. 2 council meeting.

"For some people the uncertainty of access to washrooms limits where they go and whether they actually leave home."

While the City of Vancouver requires all city buildings to have accessible washrooms, there is no similar rule for public toilets on streets and in or near new plazas. Visiting a bathroom in a coffee shop or

other business isn't an option for many people on limited incomes, McGinnis said, when many businesses restrict their washrooms to customers who have made a purchase.

velopment.

Council voted unanimously to adopt the committee's motion to direct staff to include accessible public toilets in future planning processes.



For some people the uncertainty of access to washrooms limits where they go and whether they actually leave home. Colleen McGinnis

When the new Jim Deva Plaza at Davie and Bute was completed, members of the seniors' committee were surprised to discover a wheelchair accessible washroom had not been added. The city is now planning to add an accessible toilet, but in the future the committee would like the city to add accessible toilets to any new park, plaza or street de-

The city has published a map showing the location of all public toilets, but McGinnis noted that map is virtually useless to people with disabilities who need a wheelchair-accessible washroom.

Danica Djurkovic, director of facilities development, said the city can update the map to indicate which bathrooms are accessible. JEN ST. DENIS/METRO



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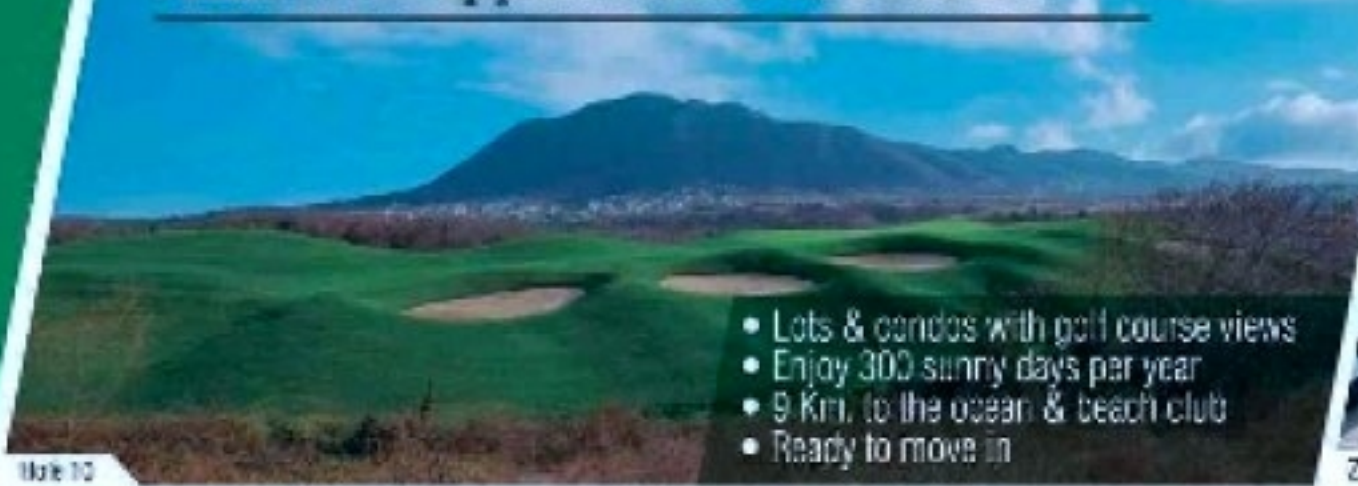
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Few homeless killers: Experts

TRAGEDY

Abbotsford still reeling over stabbings at high school

The homeless population living in a British Columbia community that is reeling from a deadly high school stabbing is worried about being targeted in a backlash, says a pastor who works with marginalized groups.

Ward Draper said reports from police that the man who attacked two Grade 9 students in an Abbotsford high school was a barefoot homeless person are bound to reinforce misguided stereotypes that people living on the street are all angry, crazy and violent.

"It's going to be lingering in the back of people's minds for years to come, that a homeless person killed a child. All the other things will fall away over time. This is going to be a residual mark on an already struggling community," said Ward, who has worked on the



Letisha Reimer, left, and Gabriel Klein. THE CANADIAN PRESS/FACEBOOK AND TWITTER-@HOMICIDETEAM

streets of Abbotsford for more than a dozen years.

"It's going to play into a lot of negative stereotypes that exist. It's going to further entrench a lot of negative ideas."

Police said a man walked into Abbotsford Senior Secondary School on Tuesday and

“People think that they're more aggressive when in fact it's the opposite.”

Cheryl Forchuk



stabbed two female students in the entrance, killing one of them and putting the school on lockdown for hours. School officials and police described the incident as "a random act of violence."

Gabriel Klein, 21, is in custody and faces one charge each

of second-degree murder and aggravated assault. Homicide investigators released a picture of Klein on Thursday taken by a closed-circuit television camera from an unidentified location hours before the attack.

The photograph shows a thin, young man with close-cropped, dark hair striding into a building carrying a backpack and wearing a long-sleeved, green camouflage hoodie, jeans and light-coloured sneakers.

Court records show Klein was in Calgary in recent years. In 2014 he was fined \$414 on three counts of tampering with a vehicle and in August 2015 he was convicted of not paying a light-rail transit ticket.

Police have not identified the victims of the attack, but fellow students say the teen killed in the school's atrium was 13-year-old Letisha Reimer. Her 14-year-old friend, whose name is protected under a publication ban, was taken to hospital with stab wounds.

Cheryl Forchuk, a homelessness expert at Western University in London, Ont.,

said incidents like the one in Abbotsford perpetuate falsehoods about the dangers posed by people living on the street.

"People think that they're more aggressive when in fact it's the opposite, they're more likely to be victims. People with mental illness — there's a huge overlap between that group and the homeless population — are actually less likely than the general population to be aggressive. Yet that's definitely not the stereotype. The stereotype is the opposite," Forchuk said.

"When these terrible tragedies occur, it's human nature, you want to blame somebody. You want a focus for the anger and the grief that you're feeling. But we just have to be careful that we don't make other vulnerable people the focus of that anger and grief."

Members of the homeless community in Abbotsford are as upset and appalled as everyone over the horrific incident, Ward said.

"They're just like, 'This is horrible. This is not who we are,'" he said.

THE CANADIAN PRESS

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A healthy-eating superhero

VANCOUVER HEALTH SHOW

Confident 11-year-old to give event's keynote speech



David P. Ball
Metro | Vancouver

Daniel Bissonnette always knew he was different from other kids his age.

The 11-year-old Grade 6 student at Eagle Mountain Middle School, in Anmore near Coquitlam, said other kids named him "the weird vegan kid" who ate organic.

"Bullying is only bullying if you allow it to bother you," he told Metro in an interview over whipped coconut pancakes and thick green juice at Yaletown's Zend Conscious Lounge. "I knew the reasoning behind my food choices but I always kept them to myself."

"But once I decided it was time to speak up, I spoke in front of my class, then the whole school. (The other kids) were suddenly aware of their food labels. It was awe-

some ... I knew I was on my path."

He said that kids get hooked on unhealthy junk foods such as pop, chips and deep-fried fast food because of the aggressive advertising that uses movie superheroes and pictures of other kids having fun to grab their attention.

Recently — in the wake of advocacy from the Stop Marketing to Kids campaign spearheaded by the Heart and Stroke and Childhood Obesity foundations — the federal government announced it would move to ban "unhealthy" food being marketed to kids under 13.

Daniel believes it doesn't have to be this way, no matter how much his peers love to eat junk food. He started a Youtube video series, Ask Daniel, in which he dresses up in costumes and shows other children how to make easy, healthy breakfasts.

"I get into a costume and make a meal," he said. "It's really easy to eat healthy. Kids can relate more."

"If they can just be a little more aware of their food choices, that's a great start."

He will speak at the Vancouver Health Show on Saturday about three foods that can help boost people's concentration, memory

“

If they can just be a little more aware of their food choices, that's a great start.

Daniel Bissonnette

and focus regardless of their age. He released his own breakfast kids cookbook, the last recipe of him with hero's body armour smiling outdoors. The recipe?

"The Superhero Activator."

In his kids' book, The Giving Child, the hero is a child who plants a "magnificent" forest just from seeds.

"It's about the power of little things," he said. "Think about a sunflower: one sunflower seed plus dirt grows really fast and multiplies."

Does he see that as a metaphor for convincing kids to eat healthier, a difficult if not daunting quest?

"I never thought about it that way," he said, giggling as he held his hand up for a grinning high-five.



Daniel Bissonnette, an 11-year-old keynote speaker at this weekend's Vancouver Health Show, digs into a plate of Zend Conscious Lounge's buckwheat pancakes with coconut whip, organic fruit and maple syrup. JENNIFER GAUTHIER/FOR METRO

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IN BRIEF

Liquid fentanyl found by police a 'game changer'

A police force in Ontario is revamping the way officers handle street drugs after learning that a substance seized during a drug raid was liquid fentanyl, a highly powerful opioid easily absorbed through the skin.

Hamilton police Det. Const. Adam Brown said he and other officers came across a vial of the drug during a raid in May, but at the time they believed it contained GHB — also known as a date-rape drug.

Liquid fentanyl is believed to be more powerful than the powder form, which is believed to have led to more than 1,000 fentanyl-related deaths across the country, although Canada lacks an accurate central database of overdoses.

THE CANADIAN PRESS

CSIS broke law in keeping metadata, federal court judge rules

A Federal Court judge says Canada's spy agency illegally kept potentially revealing electronic data about people over a 10-year period. In a hard-hitting ruling made public Thursday, Justice Simon Noel says the Canadian Security Intelligence Service breached its duty to inform the court of its data-collection program, since the information was gathered using judicial warrants.

The ruling says the CSIS data analysis grew out of the spy service's concerns in the early 2000s that the information it collected was not fully utilized and should be processed using modern techniques.

THE CANADIAN PRESS



Eli Townsend, 6, dresses like presidential candidate Donald Trump at a rally on Thursday. Some Canadians say Trump would provide a potent antidote to what they view as a march toward self-serving big government. GETTY IMAGES

The Canadians hoping for a Trump presidency

★ U.S. ELECTION ★

Supporters of GOP candidate in minority countrywide

They don't always like what they see or hear but Canadians hoping Donald Trump becomes the next U.S. president believe him to be a straight shooter that will bring economic benefits to Canada in a world severely

circumscribed by political correctness.

A President Trump, they say, would provide a potent antidote to what they view as a march toward self-serving big government whose benefactors are moneyed elites.

"A lot of good honest blue-collar people were really thrown under the bus by the elite," said Daniel Erikson, 38, a Calgary businessman.

Trump would provide a strong counterweight to the Liberal government in Ottawa and the NDP government in Alberta that has pushed the economy "almost to

the breaking point," Erikson said.

Inevitably, conversations with Trump supporters in Canada turn to an often palpable hostility toward his Democrat rival, Hillary Clinton.

Andrew Stagg, 31, a Toronto-born Canadian software engineer who lived most of his life in Calgary, said his antipathy toward Clinton stems from his Christian-based opposition to abortion, and the email and other scandals that have dogged her.

Clinton also poses a threat to gun rights, said Stagg, who now lives in the U.S. On the other hand, he said, Trump has com-

mitted to appointing Supreme Court justices who favour those rights.

"That is one of the most important liberties that American citizens and residents have, and something that I think is missing in Canada," Stagg said.

Trump supporters in Canada, according to recent polls, are by far in the minority, with fewer than one in five saying they would cast ballots for him if they could. The vast majority would back Clinton, a position Manny Montenegro, a one-time adviser to former Conservative prime minister Stephen Harper,

said left him "dumbfounded."

In line with oft-heard criticism denied by the Democrat, Montenegro said Clinton has indulged in "extreme pay to play" — using her office to enrich herself by tens of millions of dollars — and noted the FBI investigation she has been under over her use of a private email server as secretary of state.

"I pride ourselves on our ethics. We have very little money in politics," the retired lawyer said from Ottawa. "America has great corrupt influence and it all seems to be on Hillary's side."

THE CANADIAN PRESS

ANALYSIS

Keeping the score on PM's promises



Ryan Tumilty
Metro | Ottawa

One year since he became prime minister and Justin Trudeau has fulfilled some of his promises, is still working on many and has broken others, according to an independent, non-partisan website that has been tracking his progress.

Calgary-based IT consultant Dom Bernard and some of his colleagues built the website trudeau metre.ca, which tracks

what the prime minister has done compared to what he promised.

Trudeau made 219 promises during last year's marathon federal election campaign, according to the website. The Trudeau Metre shows the prime minister achieved 34 of those promises as of Thursday. The site shows 64 promises are still in progress, 95 haven't been started yet and 26 have been broken.

Trudeau's pledge to run deficits of less than \$10 billion in his first two fiscal years and his failure to end the ban from giving

blood on men who have had sex with men are among the prime minister's broken promises, according to the website.

The site also says bringing in 25,000 Syrian refugees constituted a broken promise, because, while it did happen, the government missed the aggressive timeline Trudeau promised during the campaign.

"The numbers are what they are. In terms of whether they are good or bad, it's hard to know," he said.

He said that, for most people, the individual promises that

Trudeau does or doesn't honour have different weight, but for the site they try to treat it like a pass-or-fail exercise.

"We're trying to stay as objective as possible," he said.

The project was modelled after an Egyptian initiative that attempted to track the promises of that country's first democratically elected president.

Many of the individual promises have generated lengthy discussions in the comment section of the website and Bernard said that's exactly what they hoped would happen.



The site trudeau metre.ca tracks Prime Minister Trudeau's progress. THE CANADIAN PRESS

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A veteran looks on during the Remembrance Day ceremony in Ottawa in 2015.
ADRIAN WYLD/THE CANADIAN PRESS

Remembrance Day and days after

POLL

Most Canadians want to honour fallen soldiers beyond Nov. 11

A new poll suggests Canadians would like to see efforts to honour fallen soldiers extend well beyond Remembrance Day.

The study commissioned by Historica Canada found a vast majority of respondents would like to see a national monument to soldiers who died in combat in modern times.

About 76 per cent of them said they'd like to see a memorial similar to the United States' Vietnam Wall, which lists the names of those who have died while serving in their country's military.

The poll also found 86 per cent of those surveyed felt cre-

ating some sort of national monument should be part of Canada's upcoming 150th birthday celebrations.

Survey respondents also emphasized the need for ongoing education on Canada's military accomplishments, with 62 per cent saying Canada's students are not learning enough about the country's war-time efforts. The finding comes despite a growing number of Canadian provinces emphasizing Canadian history as part of the middle or high school curriculum.

Historica Canada chief executive Anthony Wilson-Smith said the poll results, prepared by

Ipsos, carry on a trend that's emerged in recent years.

The desire for a single, comprehensive monument has been a consistent theme in all of the company's research and on-the-ground outreach efforts, he said.

While people appreciate the hundreds of individual cenotaphs and memorials that exist, Wilson-Smith said there is a clear appetite for a single point at which to congregate and pay tribute to soldiers who fell in conflicts spanning the First World War to the more recent mission in Afghanistan.

THE CANADIAN PRESS



We continue to see very strong support that transcends political divisions or even philosophical difference for the principle of honouring veterans.

Anthony Wilson-Smith

POLICE

Quebec to hold inquiry into surveillance of journalists

As Quebec announced plans Thursday to hold an inquiry into freedom of the press and police surveillance of journalists, Prime Minister Justin Trudeau said spying on reporters is not happening at the federal level.

The Quebec government said a public inquiry will be held against the backdrop of revelations that various forces monitored reporters' phones for years.

A panel of experts that was announced earlier this week will

have all the powers typically granted to a commission of inquiry, including being able to compel witnesses to testify, said Justice Minister Stephanie Vallee.

"We consider it's important for the population of Quebec to trust their public institutions," she said.

On Thursday, some of the reporters targeted by provincial police learned that authorities obtained years worth of phone logs.

Meanwhile, the controversy reverberated in Ottawa, where

Trudeau said monitoring of journalists does not take place.

Trudeau told reporters he immediately contacted RCMP and CSIS leadership after news broke about the Quebec surveillance. "There is nothing of this sort happening at the federal level," he said.

"We have actually very strong safeguards and protections in place to protect freedom of the press in the course of the business conducted by CSIS and the RCMP." THE CANADIAN PRESS

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The Planned Parenthood Action Council holds a rally at the Utah state Capitol, in Salt Lake City. THE ASSOCIATED PRESS

The politics of abortion

Rosemary Westwood relocates from Canada to the United States in the midst of the most unusual presidential election ever. She chronicles her observations in a weekly column for Metro.

ROSEMARY WESTWOOD
From the U.S.

A week before the U.S. presidential election, I visited the New Orleans Planned Parenthood clinic.

It sits nestled between residential streets, and along a wide, four-lane city artery. The new facility (updated from more humble digs in a shotgun house) opened in spring, and it's friendly, clean, and oddly quiet.

It was a Tuesday, so the regular pro-life Friday protesters weren't around, one clinic worker told me. Another group had just finished a biblical-sounding "40 Days of Harassment," she said. "That's what they called it." Patients coming here for sexual and reproductive health care weren't bothered by the daily signs and blocking of the driveway, she added. "They say, 'Those people need a job.'"

Planned Parenthood in Louisiana — which has one other clinic in the state capital of Baton Rouge — doesn't offer abortions (yet, it has plans to apply for the required licence).

And other clinics that do perform the procedure have been through a legal see-saw

over the past two years, facing one of the proliferating restrictive laws in the Southern U.S. (in this case, one relating to doctors and hospital admitting privileges). The law shuttered some clinics this spring, before the Supreme Court temporarily blocked it in March.

But given Planned Parenthood's prominent role in this election, the protests against a procedure not even being performed at the clinic here make a kind of sense. Planned Parenthood, and Hillary Clinton, have become the most public banner-wavers for abortion rights. And Donald Trump the ill-informed, gruesome critic.

Trump's macabre description of a late-term abortion procedure that doesn't even exist during the final presidential debate was only the ghastly tip of a much larger iceberg. Abortion isn't just a boogeyman of the right wing. It's a legitimately stagnated, divisive issue in this country. The kind of issue that brings Trump back to the traditional right wing, the kind of issue some voters have told reporters will be the reason they plug their nose and vote for Trump.

For example, while millennials

across the political spectrum skew more progressive on issues of race, sexuality and immigration, they remain divided on abortion, according to the Pew Research Centre. (And — notably — on gun rights.)

The U.S. is increasingly a country of less socially conservative voters, but 41 per cent of American adults continue to believe abortion should be illegal, a statistic largely unchanged for decades. And in Louisiana, it's a political given.

There might have been a Hillary sticker on a car in the Planned Parenthood parking lot, but this is Trump land. Right next door, a pro-life group plans to open its third Louisiana "pregnancy centre" in January, which promises it can "reverse" the effects of the abortion pill midway through the dosage.

That might sound like fringe political efforts to a Canadian, but in America, anti-abortion politics is mainstream. And the election might seem contentious just days away from voters heading to the polls, but if Louisiana had its way, we'd be waking up on Wednesday morning to President Donald Trump.



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IRAQ

Civilians struggle to flee urban combat

As Iraqi forces pushed Daesh militants out of Mosul's eastern neighbourhoods this week, hundreds of civilians faced a dilemma: stay in an area still beset by heavy fighting and surrounded by government troops that many distrust, or evacuate for the uncertainty of a displacement camp.

The elite special forces entered the Gogjali district Tuesday, touching off an exodus by hundreds of residents, many herding sheep, cows and goats as they fled to the east.

But still more have been told by the troops to stay in their homes as the battle is changing to one of urban combat with the extremists. Those civilians who remain have essentially become trapped on the front lines.

One resident said he had tried to flee, as the edges of his district were still getting shelled heavily by Daesh, but Iraqi security forces told him he had to stay.

"Everyone here is trapped in this situation. They're afraid," said the man, who asked not

to be identified.

On Thursday, an explosives-laden vehicle sped toward the special forces positioned in Gogjali, Brig. Gen. Haider Fadhil said. The troops fired a rocket that blew up the car, killing the attacker. Fadhil also said the militants were using explosives-laden drones, deploying two since the previous night, both of which had been destroyed.

In addition to rooting out any Daesh fighters who may have stayed behind and checking for planted explosives, the Iraqi troops have to handle those

civilians who are fleeing Daesh-held territory deeper inside Mosul. More than 5,000 people have been evacuated to nearby camps since Wednesday from Gogjali and nearby areas, said Lt. Gen. Talib Shaghathi, commander of the Joint Military Operation command.

About 22,000 people have been displaced from Mosul, with about half settled in camps and the rest in host communities, UN spokesman Stephane Dujarric said.

THE ASSOCIATED PRESS

“Everyone here is trapped in this situation. They’re afraid.”



Iraqi families fleeing the violence in Mosul on Thursday head to camps housing displaced people. AFP/GETTY IMAGES



At current carbon emission levels, the Arctic will likely be free of sea ice in September around mid-century, which could make weather even more extreme. THE ASSOCIATED PRESS

Study links sea ice to carbon dioxide

CLIMATE CHANGE

‘It might just be rather simple,’ scientist says

New research is cutting through the confusion on disappearing Arctic sea ice by replacing complex computer models with simple math that links everyday activities to the health of Earth's climate regulator.

"It might just be rather simple," said Julianne Stroeve, senior scientist at the National Snow and Ice Data Center in Colorado and professor at University College London.

Her paper, published Thursday in Science magazine, outlines an easy-to-understand relationship between increasing levels of carbon dioxide in the atmosphere and the slow vanishing of summer sea ice in the North.

For every new tonne of CO2 that enters the atmosphere, says the paper, the southern edge of the sea ice loses another three square metres. That's it.

Or, in the words of the paper: "The 30-year running mean of monthly mean September Arctic sea-ice area is almost linearly related to cumulative anthropogenic CO2 emissions."

“We are all ice-dependent species.”

Julianne Stroeve

The direct relationship between greenhouse gases and sea-ice retreat has been pointed out before. Stroeve and her co-author Dirk Notz, of Germany's Max Planck Institute, have put hard numbers to it and explained how it works.

In a stable ice pack, the warming effect of infrared radiation generated by the sun is balanced by cold tem-

peratures in the atmosphere. But increasing levels of carbon dioxide prevent those infrared rays from escaping into space.

As a result, the ice retreats northward where there's less solar radiation.

"The ice is migrating to re-establish equilibrium," said Stroeve.

Establishing that hard link between CO2 and sea ice has important consequences.

For years, climate modelers have attempted to pinpoint when summer sea ice is likely to disappear. Stroeve and Notz say the most likely date is sometime around mid-century.

THE CANADIAN PRESS

CARFENTANIL

Trade of lethal drug thrives in China

Seizures of the deadly chemical carfentanil have exploded across the United States, with more than 400 cases documented in eight states since July.

Fueled by a thriving trade out of China, the weapons-grade chemical is suspected in hundreds of drug overdoses in North America. An investigation last month showed how easily carfentanil can be purchased online from China.

Of the 12 companies that initially offered to export carfentanil, just three have

stopped. Nine continue to offer carfentanil for sale, no questions asked, and The Associated Press identified four additional companies willing to sell the drug.

Asked for comment, most denied making the offers.

Jilin Tely Import and Export Co. initially claimed in an email that carfentanil was one of its "hot sales product." After being named in The Associated Press' story, the company's website vanished and it denied ever producing carfentanil.

Carfentanil is a controlled

5,000
Carfentanil is some 5,000 times stronger than heroin.

substance in the U.S., where it can be used legally to immobilize large animals like elephants. But it is not controlled in China, the top source of fentanyl-related compounds that end up in the U.S., Canada and Mexico, according to

the U.S. Drug Enforcement Administration.

"It's a loophole that needs to be closed because even small quantities can have a terrible lethal effect," said Andrew Weber, a former U.S. assistant secretary of defence for nuclear, chemical and biological defence programs. "Terrorists could acquire it commercially as we have seen drug dealers doing."

Some 5,000 times stronger than heroin, carfentanil is so toxic that an amount smaller than a poppy seed can kill a

person. It was researched for years as a chemical weapon and used by Russian forces to incapacitate Chechen separatists in 2002.

The Associated Press did not buy carfentanil from the vendors and did not test whether the products on offer were genuine.

U.S. officials have discussed carfentanil's dangers with Chinese authorities, who have already controlled 19 fentanyl-related compounds, and urged them to blacklist it. But China has yet to act.

Dealers cut carfentanil and other synthetic opioids into illicit drugs like heroin to boost profit margins.

Since July, when carfentanil was first identified in the U.S. drug supply, officials have confirmed at least 407 carfentanil seizures in eight states.

The resulting wave of human misery has been overwhelming. In just 21 days in July, paramedics in Akron, Ohio, logged 236 overdoses, including 14 fatalities, with suspected links to carfentanil, according to officials. THE ASSOCIATED PRESS

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Shoppers feeling the Uber effect

RETAIL

About 41% of Canadians say they will leave lines if too long

Canadian consumers are in no mood to wait in long lineups when they shop this holiday season, according to the results of an annual shopping survey.

Forty-one per cent of shoppers surveyed said they will abandon making a purchase in a store if the lineup to pay is too long.

On average, they're willing to wait six minutes, with 65 per cent indicating that they would abandon their purchase rather than wait more than 10 minutes in line, according to the Accenture Canada Holiday Shopping survey, released Thursday.

Accenture's Kelly Askew, managing director, retail strategy, points to new, fric-

tionless exchanges — like the ease of using Uber and Airbnb — as part of the reason why consumers are becoming impatient with barriers to buying.

Uber users register their credit card when they sign up, and every time they use an Uber service, they don't have to rummage through their wallets.

The purchase is automatically billed to their registered credit card and the receipt pops up in e-mail, reducing the amount of time spent paying for products and services to nearly zero.

Similarly, Airbnb customers register their credit cards once and are charged seamlessly each time they reserve a room.

"Customers get used to a very easy, straightforward experience with Uber and Airbnb and they start to expect that ease with every transaction they make, even if it's a completely different industry," said Askew.



Customers get used to a very straightforward experience.

Kelly Askew

Askew said some retailers have already begun to try to reduce lineups with features like mobile point-of-sale devices that allow clerks to process purchases anywhere in a store.

Respondents to the Accenture survey said they were planning to spend \$873 on average on the holidays this year, up from \$744 in 2015.

Online shopping is expected to surge in popularity this year, as the number of Canadians who said in the survey they prefer in-store shopping dropped 15 per cent, from 62 per cent to 53 per cent.

TORSTAR NEWS SERVICE



Shoppers make their way around Toronto's Eaton Centre on Dec. 26, 2015. Forty-one per cent of shoppers surveyed said they would abandon a purchase if lineups were too long. Blame it on Airbnb and Uber's instant gratification. TORSTAR NEWS SERVICE

ECONOMY

Key budget decision centres on growth: Morneau

Any new spending measures being pitched for the federal budget will have to demonstrate potential to help grow the economy if they expect to find favour with the Liberal government, Canada's finance minister says.

In an interview with The Canadian Press, Bill Morneau said that as he crafts his second budget as finance minister, the economic-growth test is the first

of multiple screens he is using to ensure debt levels don't spiral out of control.

"Too late," the opposition parties might jeer.

The Liberals used up a lot of their fiscal wiggle room this week with a fall economic update that included \$32 billion in infrastructure spending over the next 11 years, accompanied by an equivalent amount of red

ink on the federal books.

The document also warned the federal balance sheet would stay in the red even longer than the Liberals first promised — a total of \$114.9 billion in deficits between 2016-17 and 2020-21, up from the \$83.2 billion outlined in the last budget.

Nor have the Liberals said when they expect to see the budget back in balance, instead choosing to hold to a decidedly less sexy measure of ongoing fiscal prudence: the ratio of debt to gross domestic product.

In doubling down on an infra-

structure program that was originally pegged at \$60 billion over 10 years but now totals nearly \$100 billion, the Liberals are hoping that program can spur growth and jobs, creating a tax base to balance the budget.

The government is putting more money into public transit — \$25.3 billion budgeted for the next 11 years, more than the \$21.9 billion set aside for green infrastructure like water treatment systems and \$21.9 billion for social infrastructure, such as affordable housing.

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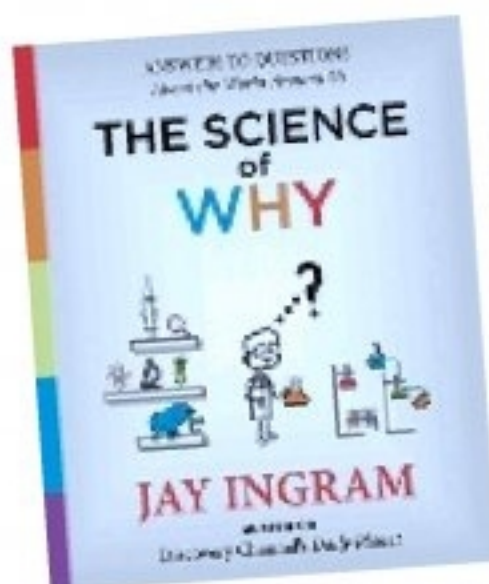


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BOOK EXCERPT THE SCIENCE OF WHY BY JAY INGRAM



With our respected citizen scientist working on other projects this week, Metro has turned to former **Daily Planet** host **Jay Ingram** to explain time and aging to us. What follows is an excerpt from his new book, **The Science of Why: Answers to Questions About the World Around Us** (Simon & Schuster Canada).

WHY DOES TIME SEEM TO SPEED UP AS WE AGE?

There's no doubt that the vast majority of people feel that time moves faster as they age, but very few of them bother to estimate by how much.

A century ago the great American psychologist William James suggested that as we grow older, and more jaded and worldly, we enjoy fewer remarkable experiences in a year, and so the years become less and less distinct from each other. Another theory suggests that because each successive year is a smaller percentage of one's overall life, it is less significant when weighed against the rest and therefore passes by virtually unnoticed. When you were ten, every year was huge: 10 percent of your life. At age forty, though, one year is only 2.5 percent of your total life.

There's also a phenomenon called forward telescoping. Imagine you're asked when you last saw your aunt and you say, "Uh... three years ago?" when it's actually eight years since you saw her. You've zoomed in time, bringing the past closer than it really is. When someone asks me how long ago an event took place, I double my first estimate, and even then I sometimes underestimate the passage of time. That's forward telescoping.

In the mid-1970s (remember how slowly time passed then?), Robert Lemlich of the University of Cincinnati proposed one significant adjustment to the idea of the apparent passage of time versus reality. He argued that since time is all subjective anyway, years are also subjective. Calculating what percentage of your total life is represented by each passing year is fine, but it's strictly mathematical and so doesn't take into account that each passing year feels shorter as well — it is a smaller part of your total life numerically,



but it feels even less than that. It's all in your head, really, so your estimate of the length of a year that has just passed should be compared not to how long you've lived but to your sense of how long you've lived.

Lemlich created equations to quantify what he meant. Their implications are surprising, even shocking. Let's assume you are a forty-year-old. Lemlich calculated that time would seem to be passing by twice as fast now as it did when you were ten. (Remember how long summer vacation seemed to last?)

But there's more: the numbers tell you that if you're that forty-year-old and you're going to live to eighty, you're halfway through your life by the calendar, but because time seems to be passing ever more rapidly, Lemlich's math suggests you will feel you have less time left than you actually do. By his calculations, at age forty, you have already lived — subjectively — 71 percent of your life. It gets worse: by the time you're sixty, even though you have twenty years remaining, those twenty years will feel like a mere 13 percent of

“
50 per cent of your total life experience will feel locked in by your 20th birthday.

your life. These numbers are shocking enough, but they take on an even more bizarre twist when you extrapolate them back and ask the question: At what point in our lives have we experienced half of our subjective life? If you're that forty-year-old, you will have experienced half your total subjective life by the time you were twenty. Even if you live to a hundred, 50 percent of your total life experience will feel locked in by your twentieth birthday.

Lemlich backed up his numbers with experiments. He asked a group of students and adults to estimate how much slower time seemed to have passed when they were either half or one-quarter their present age. His theory predicted the answers almost exactly: time seemed to have passed only half as fast when

they were one-quarter their present age, and about two-thirds as fast when they were half their present age.

Is something else going on in our brains that would change our perception of the passage of time as we age? It might be that our internal clock (and jet lag and shift work demonstrate just how crucial that clock is) runs slower as we age. If your clock now estimates a minute to be three minutes, because it's running slower, then many more events will be packed into that time frame and it will seem that time is passing faster.

An extreme example is the case of a man who, at the age of sixty-six, was admitted to hospital in Düsseldorf. Examination revealed a tumor in the left frontal lobe of his brain. He'd gone to the hospital because he was finding life unbearable: everything was happening at breakneck speed. He had to stop his car by the side of the road because the traffic was too fast. The television, already manic, was triple-maniac, and as a result of this experience, he had begun to withdraw from society. When asked to

estimate the passage of sixty seconds, it took him four and a half minutes. Imagine what traffic would look like if four minutes' worth was packed into a minute! What this case suggests is that disruptions to certain parts of the brain alter our perception of the passing of time, and while this particular case was unusual, it's possible that a gradual and minor version of this affects everyone's sense of time passing.

You might be wondering why we're spending time (it's precious!) figuring out equations to account for how we experience time. This kind of data supports what might otherwise seem to be mere impressions like this one by Robert Southey, the poet laureate of England in 1837: "Live as long as you may, the first twenty years are the longest half of your life. They appear so while they are passing; they seem to have been so when we look back on them; and they take up more room in our memory than all the years that succeed them."

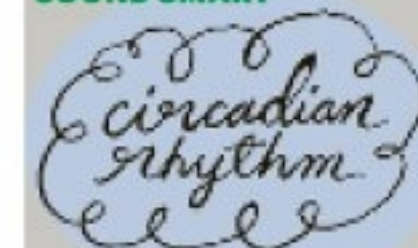
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FINDINGS Your week in science

NOVEMBER BLUES

A new Danish study of 185,419 patients found depression cases spike by eight per cent during the month after daylight savings time begins. Less exposure to cheer-inducing sunshine may be to blame: Most people are showering, not taking advantage of daylight, from 7 a.m. to 8 a.m.

SOUND SMART



DEFINITION

A **circadian rhythm** is a ~24-hour biological cycle that responds to light and dark conditions outside and affects just about everything we do as living things, not just sleep.

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Not so strange for Dr. McAdams

IN FOCUS

Actress preps for medical role long before Marvel

Richard Crouse
For Metro Canada



In an unconscious way Rachel McAdams has been preparing to play Dr. Christine Palmer in Doctor Strange her whole life.

"My mother is a nurse," says the London, Ont.-born actress. "She is a very compassionate kind of nurse and Christine is sort of that way as a doctor. She has an excellent bedside manner as opposed to Doctor Strange. I took a page from my mom."

"I've been talking to her about it for my whole life. She brought her job home sometimes. I picked it up over the years."

Doctor Strange, the 14th film in the Marvel Universe, aims to introduce you to the neurosurgeon, played by Benedict Cumberbatch, who goes from saving lives to saving planets.

Trauma surgeon Dr. Palmer is his ex-girlfriend but still a constant in his life, and later, when things get mystical, his anchor to the real world.

"It's a much less typical love trajectory," she says of their connection. "I think because we had so few scenes to establish our relationship it was a better jumping-off point. We had a



Rachel McAdams, left, and Benedict Cumberbatch in a scene from Marvel's Doctor Strange. JAY MAIDMENT/DISNEY/MARVEL VIA AP

lot more subterranean life and a much richer history for the characters."

In the comic books Christine Palmer is a very different person than the one McAdams brings to life on the screen.

"She is an amalgamation of a couple of characters," she says. "It gave us a lot of creative freedom. We were inventing something."

"I kind of looked at the comic books more for the flavour of the world and Doctor Strange him-

MOVIE RATINGS by Richard Crouse

Doctor Strange ★★★★★
Trolls ★★★
Hackshaw Ridge ★★★
Gimme Danger ★★★

HOW RATING WORKS
★★★★★ SEE IT
★★★★ WORTHWHILE
★★★ UP TO YOU
★ SKIP IT

self and less so for my character."

McAdams's nurse mother may have helped the actress access the emotional side of playing a doctor, but what about the prac-

tical stuff, like tying a suture?

"This great neurosurgeon we had on set with us taught us how to sew up a raw turkey breast," she laughs. "I guess it's the clos-

est thing to a real live human being, poor turkey. Then I used oranges, which were easier to carry in my purse. Better smell too. I also had a fake head to practice on."

"It was kind of like knitting. I would take the suture stuff around, put it on a light stand while we were shooting and practice. I still have sutures on my doorknobs. I haven't gotten around to cutting them off yet."

The result of all her work is a movie she calls "an ambitious

film on the page that I think ticks a lot of those boxes people are hoping for when they go see a big, blow-out Marvel film. There's also a quiet deep emotion that runs through it."

"I find it hard to get swept away by a film I am in," she adds, "because I look at it differently, but I actually jumped at one point in my own scene. My friends were laughing. 'You knew that was coming!' I know, but I was wrapped up in it."



Samira Wiley's character, Poussey Washington, had a violent death in prison on Orange is the New Black. JOJO WHILDEN/NETFLIX

DIVERSITY

Report says TV is failing queer women

A record number of gay characters are featured on broadcast series, but small-screen shows overall can be deadly for the female ones, according to a study released Thursday.

More than 25 lesbian and bisexual female characters died on scripted broadcast, cable and streaming series this year, the media advocacy group GLAAD found in its report on small-screen diversity.

While TV remains far ahead of film in gay representations, the medium "failed queer women this year" by continuing the "harmful 'bury your gays' trope," the report said.

The violent deaths included characters Poussey Washington (played by Samira Wiley on Orange is the New Black) and Bea Smith (Danielle Cormack on Wentworth).

It's part of a decade-long pattern in which gay or transgender characters are killed to further a straight character's story line, GLAAD said, sending what it called the "dangerous" message that gay people are disposable.

For its annual report titled Where We Are on TV, researchers tallied the LGBTQ characters seen or set to be portrayed in the period from June 2016 to

May 2017. Counts were based on series airing or announced and for which casting has been confirmed.

Broadcast TV includes the highest percentage of regularly appearing gay characters — 4.8 per cent — since gay rights organization GLAAD began its count 21 years ago. Among nearly 900 series regular characters on ABC, CBS, CW, Fox and NBC, 43 characters are LGBTQ, up from 35 last season.

Streamed shows included 65 regular and recurring LGBTQ characters, up six from last season. Lesbians, including characters on One Mississippi

and Orange is the New Black, account for the majority of characters, 43 per cent, a far higher share than on broadcast or cable.

Cable series held steady with 142 regular and recurring LGBTQ characters, with a five per cent increase in the number of gay men, but a two per cent drop in the number of lesbian characters depicted.

The number of transgender characters in regular or recurring appearances on all platforms has more than doubled from last season, from seven to 16.

THE ASSOCIATED PRESS

Trolling in a positive way

ANIMATED FILM

Characters, backstory of '70s dolls come to life on screen

Richard Crouse
For Metro Canada

Anyone who grew up in the 1970s will remember The Trolls. The vinyl creatures with DayGlo Eraserhead coifs and big goofy smiles invaded pop culture, decorating everything from rearview mirrors to teen's bedrooms.

Unlike modern-day Internet trolls, these creatures were joyful, hug-happy little things with more personality than your average Pet Rock and a ubiquity that made them one of the symbols of a kinder and gentler time.

Then they, like other '70s fads such as disco music, streakers and Gee Your Hair Smells Terrific shampoo, faded into obscurity, banished forever to the retro section of your local junk shop.

Now they're back in Trolls, an animated adventure from the makers of Shrek Forever After and Mr. Peabody & Sherman that aims to spread some cheer amid a fraught election season.

Co-director Walt Dohrn says he hopes the film's message of optimism in the face of adversity will be "an antidote to the madness of the world."

"When Walt and I set out to make this film," says co-director Mike Mitchell, "we did want to make a film about happiness because the news and the media is so scary. And not just for kids, adults too. The Internet is so judgemental and snarky."

"The world is kind of a difficult and dark place," adds Dohrn, "so putting something out there that talked about happiness, where it comes from, what happens when you lose it..."

"...will get people discuss-

ing the power of a positive attitude and happiness," says Mitchell, finishing his friend's sentence. "I'm hopeful this will start a trend of, 'It's OK to be happy. It's cool.' Especially with this clowny, weird election going on."

Trolls the movie is as eye-popping as the psychedelic creatures that inspired it. Mitchell and Dohrn have made a movie that is possibly the weirdest and most colourful kid's entertainment since H.R. Pufnstuf. They had the freedom to do so because the beloved 1970s toy Trolls came with no backstory.

"That's what was cool about working on this," says Mitchell. "Even though these Trolls had been around forever and ever, there was no story, no mythology to it, so Walt and I got to make a whole world. We could create a whole new world you've never seen before, create whole new characters."

They created a realm where the Trolls (voiced by Anna Kendrick, Justin Timberlake, Zooey Deschanel, Russell Brand, James Corden and Gwen Stefani) make a daring escape from the Troll Tree in Bergen Town. The Bergens are snaggletooth ogres, as miserable as the Trolls are joyful. True happiness for the glum townies only comes from eating Trolls, obviously a huge problem for our heroes.

"Walt and I are huge fans of old fairy tales," says Mitchell on the inclusion of the Troll-eating Bergens, "and those stories always had someone going down, having their heart taken out."

"We're finding the younger viewers don't have a problem with it," says Dohrn. "It's the parents trying to protect them."

The cheerful co-directors finish one another's sentences and have a camaraderie that suggests they have taken the movie's message of friendship to heart.

"He's an optimist and I'm a pessimist," says Mitchell. "That's kind of how we approached directing this film. We had a balance. In making it I discovered the power of a positive attitude."



The new animated adventure, *Trolls*, comes from the makers of *Shrek Forever After* and *Mr. Peabody & Sherman*. CONTRIBUTED

“

We did want to make a film about happiness because the news and the media is so scary. And not just for kids, adults too.

Mike Mitchell,
co-director of *Trolls*

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FILM BRIEFS

Streep's career honoured at this year's Golden Globes

Eight-time Golden Globe winner Meryl Streep will add one more to this year's Globes: the Cecil B. DeMille Award.

The Hollywood Foreign Press Association announced

Thursday that the 67-year-old actress will receive its prestigious honour for "outstanding contributions to the world of entertainment."

The 74th annual Golden Globes will air live on NBC on Jan. 8. THE ASSOCIATED PRESS

¹ Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan Visa Infinite Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between September 3, 2016, and December 2, 2016; and (b) make \$1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles you must also: (a) Add an Authorized User between September 3, 2016, and December 2, 2016; (b) Authorized User must call and activate their Card by January 16, 2017, and (c) your Account must be in good standing at the time this 5,000 Bonus Aeroplan Miles is awarded. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan Member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. © The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. © The Aeroplan logo and Aeroplan are registered trade-marks of Air Canada Inc. © The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Sorcery at the cinema

When Doctor Strange hits theatres, it will introduce Marvel's most mystical comic-book creation — the eponymous neurosurgeon-turned-super sorcerer. In celebration of the long-awaited big-screen adaptation, we conjured up a few of cinema's other sensational sorcerers.

STEVE GOW FOR METRO



1 DOCTOR STRANGE

Played by: Benedict Cumberbatch

Origin: More than 50 years after debuting in comic book form, physician Stephen Strange finally shows movie audiences how a tragic car accident propelled him to study the world of alternate dimensions and become a master sorcerer.

Special powers: Strange has an uncanny repertoire that includes everything from teleportation to thought projection and even time travel.



2 GANDALF

Played by: Ian McKellan

Origin: Perhaps the most iconic sorcerer in cinema, Lord of the Rings' Gandalf the Grey was sent to Middle-Earth to bring a bunch of stubby hobbits together to find and destroy a powerful ring.

Special powers: Guided by a walking staff that expedites various spells, he often uses it to cast illumination or blind his enemies. He's also been known to slam the staff down to ward off foes, famously crying out, "You shall not pass!"



3 BALTHAZAR BLAKE

Played by: Nicolas Cage

Origin: As one of Merlin's most gifted students, Blake searched for a century before reluctantly finding a pupil of his own — albeit a very awkward one — in 2010's *The Sorcerer's Apprentice*.

Special powers: Although he's proficient in sorcery, Blake's greatest skill may be an enduring patience in training an inept, clumsy physics geek in the guise of Jay Baruchel.



4 HARRY POTTER

Played by: Daniel Radcliffe

Origin: An orphan who learns he's a wizard by blood, Harry Potter sets out over eight movies to study sorcery at Hogwarts School in order to fulfil his destiny.

Special powers: Besides being a heck of a Quidditch player, Harry displays a fantastic flair for broomstick-flying and possesses the most powerful magical wand in the wizarding world.



5 WILLOW UFGOOD

Played by: Warwick Davis

Origin: More of a stargazer than a sorcerer, the title character from 1988's cult-classic *Willow* may be adept at sleight-of-hand magic but he aspires to become a sorcerer when he's forced on a quest to save a baby from an evil queen.

Special powers: Not many. While trying to transform an ally back into human form, he fails several times, instead morphing her into everything from a goat to an ostrich.

MOVIES

Marvel's formula turned upside down in Doctor Strange

When Doctor Strange was introduced into Marvel comics in 1963, it was considered quite a departure from his wildly popular and comparatively conventional predecessors like Thor, Captain America and Spider-Man. Doctor Strange was psychedelic, hallucinogenic, weird and a bold step in a new and freeing direction for the comics.

It's not unlike the environment from which the new Doctor Strange film, starring Benedict Cumberbatch as the arrogant neurosurgeon turned mystic-

al sorcerer, is emerging. There have been 13 films in the Marvel Cinematic Universe to date, but instead of going into autopilot for No. 14, Doctor Strange not only kicks the engine into hyper drive, but into a different dimension as well.

"I think visual effects are used too often to just blow things up and do the same familiar kinds of stuff," said director Scott Derrickson, who explained to Marvel Studios chief Kevin Feige that he wanted every set piece in the film to be the "weirdest" scene

from any other Marvel film. It was what the studio was looking for, too.

"They know that the (Marvel Cinematic Universe) and comic-book movies in general have to evolve or they're going to decline," Derrickson said.

Derrickson and an army of artists, set designers and visual-effects specialists worked tirelessly to create a new visual language for the movie, bending time, space and cityscapes within recognizable scenes.

The spectacle is in support of

an origin story about Dr. Stephen Strange, whose life is upended after a traumatic accident renders his hands unusable. He goes to Nepal to search for a cure and gets swept up by the magic he finds in a secretive group led by a mysteriously powerful woman known as The Ancient One (Tilda Swinton). They're battling dark forces, personified by Hannibal star Mads Mikkelsen, and can open up portals or turn the world into a mirror image of itself with a twist of the fingers.

THE ASSOCIATED PRESS



Director Scott Derrickson wanted the "weirdest" scenes in Doctor Strange compared to previous Marvel films. CONTRIBUTED

Hollywood banking on election escapism

FILM

If ever there was a cultural force politics can't dent, it's Marvel

"Cutting through the noise" is a phrase often uttered around Hollywood, where mammoth marketing budgets are routinely expended to reach moviegoers distracted by a million other entertainment options. But few things have ever generated as much "noise" as the current U.S. election.

Releasing a movie amid the cataclysmic clash between Hillary Clinton and Donald Trump — one that has dominated news cycles for months and led to debate viewership surpassing 80 million people — poses certain challenges.

One of the most noted attendees at the Los Angeles premiere of Disney's *Doctor Strange* (which bows days before voters make their way to the polls on Nov. 8) wasn't Benedict Cumberbatch or Rachel McAdams, but Ken Bone, the sweater-wearing debate standout. The election has consumed just about everything for much of 2016, and its intersections with the movies have been unpredictable and strange. Trump helped fuel the backlash against Paul Feig's female-led *Ghostbuster* remake, voicing his disgust for the gender switch on Instagram.

Johnny Depp earned some of his best reviews in years for his Trump role in the surprise Funny-Or-Die film *The Art of the Deal: The Movie*. And Mike Judge's cult



Kenneth Bone at the *Doctor Strange* premier.

THE ASSOCIATED PRESS

2005 film *Idiocracy* — a futuristic vision of a curse-spewing former wrestler president — enjoyed newfound relevance.

The run-up to Election Day has, in the movies, at times felt downright patriotic. Tom Hanks (*Sully*) and Denzel Washington (*The Magnificent Seven*) — arguably America's most beloved big-screen heroes — have been regulars at the box office, as if their noble, indisputable presences might sooth an anxious and fractured nation. Hanks was back last weekend with the Dan Brown thriller *Inferno* after, as "America's Dad," he gave the country a pep talk on Saturday Night Live.

Hollywood is mostly banking on escapism ahead of the election. Given how tired many are of wall-to-wall election coverage by now, that may be a safe bet. Marvel's *Doctor Strange* will hit theatres right before Election Day, and if ever there was a cultural force that politics couldn't dent, it's Marvel. The film, which is drawing rave reviews, is expected to be one of the biggest hits of the fall.

And though a movie titled *Trolls* might sound fitting for this campaign season, the animation release is as far from the political fray as possible. Justin Timberlake and Anna Kendrick voice the long-haired dolls in the family-friendly release.

The other pre-election releases are more daringly timed. Before the country votes for the next president, it will cast judgment on Mel Gibson's comeback. His World War II tale *Hacksaw Ridge*, from Summit Entertainment, is his first directorial effort since 2006's *Apocalypto*.

Focus Features has promoted *Loving* with the most direct election overtones. The film is writer-director Jeff Nichols' true-life drama about the Virginia couple whose marriage led to the landmark Supreme Court ruling outlawing a state's right to ban interracial marriage. Focus has urged moviegoers to "vote *Loving*" and launched a website to "change the national conversation."

But capturing the nation's attention right now isn't so easy. The presidential race — characterized by constant scandal, radically opposed personalities and a daily stream of polls — has provided more drama than Hollywood could possibly concoct.

Whether it's because people

are glued to TV news or due to less appealing movie options, the fall season has been depressed at the box office. Before Tyler Perry's *Boo! A Madea Halloween* lifted grosses the last two weekends, most of the season's weekends have been down about 20 per cent from the year before.

THE ASSOCIATED PRESS



Donald Trump helped fuel the backlash against the female-led remake of *Ghostbusters*, voicing his disgust for the gender switch on Instagram. CONTRIBUTED

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Just for laughs Live

The premiere entertainment event right now is the election, and it's very difficult to compete with that.

Paul Dergarabedian, media analyst, comScore

Hillary Clinton and Donald Trump will both be in New York City on election night, forcing the attention of the world on the Big Apple. If you want to be in the centre of the action, here is Metro's look at the key spots to watch history — or infamy — in the making.



(POLITICAL) PARTY CENTRAL

Eva Kis
Metro | New York



After 18 endless months, Election 2016 all comes down to one night. If you don't want to sit at home with Twitter for this one, head to New York City, where both Hillary Clinton and Donald Trump will be Tuesday night, and get to a party as memorable as this campaign.

Political Party with Keli Goff

Find intelligent banter and cocktails at The Greene Space, where WNYC's Political Party host Keli Goff will gather some of her best informed, funny friends for a night of live commentary

and analysis. And because this is the smart, cool kids' party, there will be games like political bingo and trivia to score rad public radio swag. \$20, 7 p.m., 44 Charlton St., thegreenspace.org

Headcount's Soundtrack to History

That ominous drumbeat that's been following us around for 18 months just won't do on Nov. 8. At Brooklyn Bowl, Everyone's Orchestra is bringing together nine of the city's most politically attuned musicians from bands like Big Gigantic and Disco Biscuits for a night-long jam session that "interprets" the results, which you can watch roll in on every screen at the venue.

\$25-\$250, 8 p.m., 61 Wythe Ave., Brooklyn, brooklynbowl.com

Election Night at Village Pourhouse

Like the closing minutes of an eBay auction, this election cycle has only gotten more intense the closer we get to the finish line. Take out your frustrations at Village Pourhouse by swinging at Trump or Clinton pinatas for a chance at prizes like a free tanning session (at least it won't turn you orange), plus take your own battle-royale pics in masks of both candidates. Specialty cocktails include the Donald Drumpf and Secret Server, all just \$8 from 8 to 11 p.m. Free, 64 Third Ave., villagepourhouse.com

Put it on ice

Wolf Blitzer's holograms have

nothing on The Rink at Rockefeller Center, which will become Democracy Plaza with a map of the U.S. projected onto the ice and painted with light as states turn blue or red for the candidates. Watch the action from a front-row seat inside the (heated) Rock Center Café, where TVs will also be showing the election coverage, with cocktails inspired by the candidate of your choice (plus the Undecided, all \$12) and a \$39 three-course prix-fixe campaign-themed dinner. Free, 20 W. 50th St., rockcenter-cafe.com

Election Night at Professor Thom's

The candidates won't be the only ones winning on election night at Professor Thom's. Head upstairs for all the election action you can eat and

drink: Every time a state is called, the wheel of specials will spin to reward all in attendance with a new deal, like BOGO drinks and 25-cent wings. Free, 219 Second Ave., professorthoms.com

Political Sub-versities

Between a hip-hop improv troupe, a social-justice comedian, a mentalist and the associate editor of Reductress, someone is bound to have an opinion on every moment of the night. This impromptu evening of fun at Littlefield brings together a lineup of unconventional observers to turn election night into the political party of the year. \$10-\$15, 7 p.m., 622 Degraw St., Brooklyn

Election 2016 Viewing Party: The Apocalypse!

We've certainly had our differences this campaign season, so set them aside at The Hill. Networking guru David Shapiro wants everyone to toast the end of the acrimonious campaign while meeting some new people over good food, specials, an election-themed drinking game and raffle prizes in the bar's upstairs lounge. Insults will cost you a drink for the person you got snippy with, so be cool and enjoy specialty cocktails like The Combover after grabbing your free beer, wine or well drink included in the ticket price. \$10, 416 Third Ave., 7 p.m. to 12 a.m., eventbrite.com



NATIONAL PARKS

Gaze into other galaxies from Jasper Planetarium

In Jasper, you can come for the snow sports and stay for the skywatching. You may even spot a sasquatch.

At the Jasper Planetarium visitors can take in a digital light show of constellations amid local landmarks, then troop outside and marvel at celestial sights set against one of the darkest backdrops in the world.

"There are details in things that I've seen here that I've never seen before. Details in galaxies and nebulae that I've strained to see in other places,"



There are details in things that I've seen here that I've never seen before.

Peter McMahon, astronomer-in-residence

said Peter McMahon, Jasper's astronomer-in-residence.

Looking through a bank of telescopes, including a 136-kilogram monster, would-be Galileos can spy the Northern Lights, clusters of galaxies, stars being born below the Orion Nebula, the cloud tops of Jupiter, the rings of Saturn, and flames exploding off the

surface of the sun. If it's cloudy, they can listen to the magnetic fields of Jupiter.

Jasper National Park was designated a star-gazing preserve by the Royal Astronomy Society in Canada in 2011. Ninety seven per cent of the park is wilderness, free of light pollution. On the nine-point Bortle scale, Jasper is a one

or a two, compared with, say, incandescent Toronto, which would be a nine. The designation has led to the creation of the Jasper Dark Sky Festival, an annual celebration of things celestial, and then, last year, the Jasper Planetarium.

The planetarium itself is an inflatable dome that seats 35 for a digital-projection show of constellations set against local landmarks.

The show includes the constellations identified and named by Canada's indigenous people, with names like Beaver,

Star Chief, Loon, Goose, Wolf, Turtle, Spirit World and even one named Bigfoot.

"As far as we know we're the only planetarium in the world that has not only the constellations of the First Nations that would have been in this area since before recorded history, we have the only set of aboriginal constellations that fills the entire sky, where you can say this is the Ojibwa version of Cassiopeia, or this is the Cree version of Orion, for example," said McMahon.

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Visitors can take in a digital light show, then go outside to see the real thing. HANDOUT



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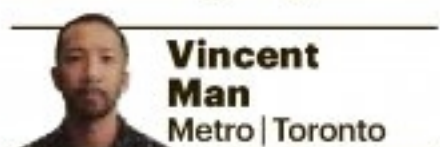
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Simmerling 'stronger' in return

SKI CROSS

Rio bronze medallist sets sights on slopes after injury



Vincent Man
Metro | Toronto

Georgia Simmerling isn't your typical athlete.

In fact, she is like no other Canadian Olympian.

The 27-year-old from West Vancouver has the distinction of being the only Canuck to have competed in three different sports at three different Olympics. She achieved that feat in August at the Rio Games, where she won a track cycling bronze medal with

teammates Allison Beveridge, Kristi Lay and Jasmin Glaesser in the women's team pursuit.

"It was an amazing experience," Simmerling recently told Metro. "Crossing that finish line with my teammates was truly the best feeling of my life."

Track cycling in balmy Rio is quite the contrast from Simmerling's other Olympic appearances. Her debut was in alpine skiing at the 2010 Games in Vancouver where her best result was 27th in the Super-G. Four years later, she placed 14th in ski cross in Sochi.

What does it say about her to shift from sport to sport and still hang with the world's best?

"That I'm stubborn," Simmerling said snickering, "and that I like

to accomplish challenging tasks. As ski racers we work so hard in the off-season to be the strongest, fastest athletes we can be. I thought to myself, 'Why not tackle this and be a world-class cyclist?'"

Since Rio, Simmerling has traded her bike for skis upon which she has raced her way to five career World Cup ski cross podiums.

She has yet to race since January 2015, however, when she crashed and shattered her wrist in seven places.

"S-t, that's ski cross," Simmerling said of the wreck in which

she flew over the protective netting.

"There's a moment when you know it's not going to end well. You just say 'F, let's just come out of this the best we can.'"



ALPINE CANADA

Though she had her arm in a splint, she didn't lay restless. Within a week of surgery, she was already training on a stationary bike preparing for her pre-planned transition into cycling.

Simmerling spun the injury into a positive.

"I really believe it's how you come out of those injuries that defines you as an athlete," she said. "I've been through a lot of injuries and I've come out of them, I believe, stronger both mentally and physically."

"It's a time to reflect and to really see if you want to go through the rehab.... I think it often fuels the fire and creates a burning sensation to get back out there."

Simmerling recently endured a five-week camp — her first taste of the mountains since the injury — and feels she's at her best.

"I had no confidence on Day 1 getting back on my skis," Simmerling said. "I saw my confidence grow every single day. I

had very low expectations of myself getting back on skis because I had taken 20 months off skiing which is a very, very long time. I think my coaches and I checked all the boxes needed for me to be back as quick as possible.... working my way back on the ski cross course flying 50, 60 feet in the air and being comfortable doing that."

"We checked off all those boxes and I think I'm on my way to having a very successful season."

The World Cup season kicks off next month in Val Thorens, France, where Simmerling's best result was a second-place finish.

Simmerling, who describes herself as "a very here and now person," isn't overlooking the World Cup season but does have a return to cycling in her future goals.

But what about competing at the Olympics in a fourth sport?

"Definitely not," she said. "I plan on going back to cycling, but plans change and you have to roll with the punches. Who knows what will happen between now and then?"



The West Vancouver athlete recently won bronze in women's team pursuit cycling at the Rio Olympics.

CHRISTIAN PETERSEN/GETTY IMAGES



Lance Stroll
ADRIAN DENNIS/AFP/GETTY IMAGES

RACECAR DRIVING

Canadian teen Stroll promoted to Formula One

He doesn't yet have his regular road driver's licence, but 18-year-old Quebecer Lance Stroll was named Thursday to the Williams lineup for the 2017 FIA Formula One World Championship.

Stroll will be the youngest driver in F1 racing next year and the first Canadian on the grid since 1997 world champion Jacques Villeneuve left F1 a decade ago.

He will replace the retiring Felipe Massa to team up with Finnish driver Valtteri Bottas.

Stroll dominated this year's Formula Three championship, winning the series by more than 100 points.

"I want to look at it like I'm starting from zero again," Stroll said during a news conference in England. "What happened this

year happened this year."

"I'm going to have to learn a lot of new things for next season. I'm a rookie; I'm going to make mistakes, going to learn in many areas and I'm looking forward to that."

Stroll, who becomes the sport's youngest driver since Max Verstappen made his debut last year at 17, said he would like

to get his regular road permit before the first race of the season.

Claire Williams, deputy team principal of Williams Formula One racing team, told reporters Stroll "is the full package for us."

"When we're looking at choosing a race driver, he has everything," she said. "He has the talent in the cockpit, he's intelligent, he gives great feedback

to the engineers."

Francois Dumontier, promoter of the Canadian Grand Prix, said there are three key moments in Canadian auto racing: 1978 when Gilles Villeneuve entered F1 competition; the arrival of his son Jacques in 1996; and Stroll's debut in 2017.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

BRONZE MEDAL CELEBRATION MATCH

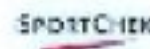
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Canucks forward Daniel Sedin tries to screen Senators goalie Mike Condon on Thursday night. ADRIAN WYLD/THE CANADIAN PRESS

Nucks shoot blanks again

NHL

Condon shuts out Vancouver in debut with Senators

Mike Condon made 27 saves in his Ottawa debut as the Senators blanked the Vancouver Canucks 1-0 on Thursday.

Mike Hoffman scored the lone goal for the Senators (7-3-0).

Jacob Markstrom made 23 saves for the Canucks (4-6-1), who have now lost seven straight (0-6-1) and have been shut out in four of their last five games.

The Senators also shut out the Canucks, 3-0, just over a week ago in Vancouver.

"It's disappointing," said Canucks coach Willie Desjardins.

"We played them better this time than we did at home. I thought we had a better effort, but at the same time we've got to find ways to score."

Ottawa made the most of an Erik Gudbranson giveaway at the 14-minute mark of the second period as Markstrom

tried to play the loose puck, but instead left a wide-open cage for Hoffman to score the game's only goal.

Condon, who was acquired from Pittsburgh for a 2017 fifth-round pick, arrived in Ottawa Wednesday after a long day of travel from Los Angeles. He was on the ice for Thursday's morning skate and given the start.

Coincidentally Condon made his first NHL start last year in Ottawa, Oct. 11, as a member

of the Montreal Canadiens and posted a 3-1 victory.

The 26-year-old could also get the nod in goal Saturday against Buffalo as Craig Anderson has taken an indefinite leave to be with his wife, Nicholle, who was diagnosed with cancer.

Andrew Hammond remains sidelined with a groin injury and is expected to miss at least another week.

Despite having played just one period of hockey this season, Condon looked solid by making a number of key saves throughout the game to impress the 13,260 on hand at Canadian Tire Centre.

Condon made a number of stops in the third to keep the Canucks off the board, including two on Jannik Hansen and

Sven Baertschi.

The Senators relied on Condon early in the second as well as Vancouver dictated much of the play. Ottawa had just one shot on goal through the first 10 minutes of the period.

A penalty-filled first period made it difficult for either team to get anything going.

This was the final meeting between the two teams this season.

Senators right-winger Mark Stone missed the game due to a neck injury, while defenceman Chris Wideman was a late scratch due to an upper-body injury. Left-wingers Max McCormick and defenceman Fredrik Claesson were recalled from Binghamton and were in the lineup.

Vancouver right-winger Jack Skille and defenceman Alex Biega were healthy scratches.

THE CANADIAN PRESS

IN BRIEF

Sox pick up Papi's option

The Boston Red Sox have exercised their \$17.2-million 2017 option on designated hitter David Ortiz "as a formality," even though he has said he will retire.

The team also exercised its option on right-hander Clay Buchholz and declined the option on catcher Ryan Hanigan.

Buchholz will earn \$13 million. Hanigan receives an \$800,000 buyout and becomes a free agent.

THE ASSOCIATED PRESS

Bills' back set to return

Buffalo Bills running back LeSean McCoy expects to play at Seattle Monday after testing his injured left hamstring in practice.

McCoy said "I'm ready to roll" in noting how good he felt physically and mentally during practice Thursday. It was his first time back on the field since aggravating the injury in a 28-25 loss at Miami on Oct. 23.

The Bills (4-4) have lost two straight.

THE ASSOCIATED PRESS

FOOTBALL

NFL just isn't fun anymore: Sherman

Seattle Seahawks cornerback Richard Sherman ripped into the NFL on Thursday, questioning the league's officiating and saying the decline in television ratings is due in part to the league simply not being fun anymore.

Sherman touched on a number of topics, including commissioner Roger Goodell, but most of his ire was directed at NFL officiating. Sherman wasn't so much upset with

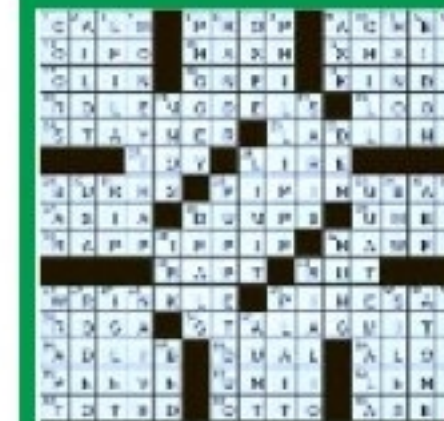
the officials, but with the rule book that he believes is too challenging.

"You have a bunch of rocket scientists writing rules for a simple game. Like I said before, they say they ask coaches and players about rules and rule changes but they really don't take what they say into account because the game is entirely too difficult to officiate," Sherman said.

THE ASSOCIATED PRESS

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1	4	8	9	7	6	3	5	2
2	7	5	4	1	3	9	8	6
5	8	1	3	4	7	2	6	9
3	9	7	6	2	8	5	1	4
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RECIPE Pumpkin Cardamom Waffle



PHOTO: MAVA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

- 2 eggs
- 2 Tbsp oil
- 1 Tbsp maple syrup
- 1/4 cup pumpkin purée

Directions

1. Preheat your waffle iron.

2. In a large mixing bowl, whisk flour, baking powder, salt and cardamom. Stir in milk, butter-milk, eggs, oil and maple syrup. Mix in pumpkin.

3. Coat waffle iron with oil or nonstick spray; repeat if necessary between batches. Follow the waffle iron's instructions for cooking.

Ready in 15 minutes

Prep time: 5 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 1 1/2 cups spelt flour
- 3 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp ground cardamom
- 3/4 cup milk
- 1/2 cup buttermilk

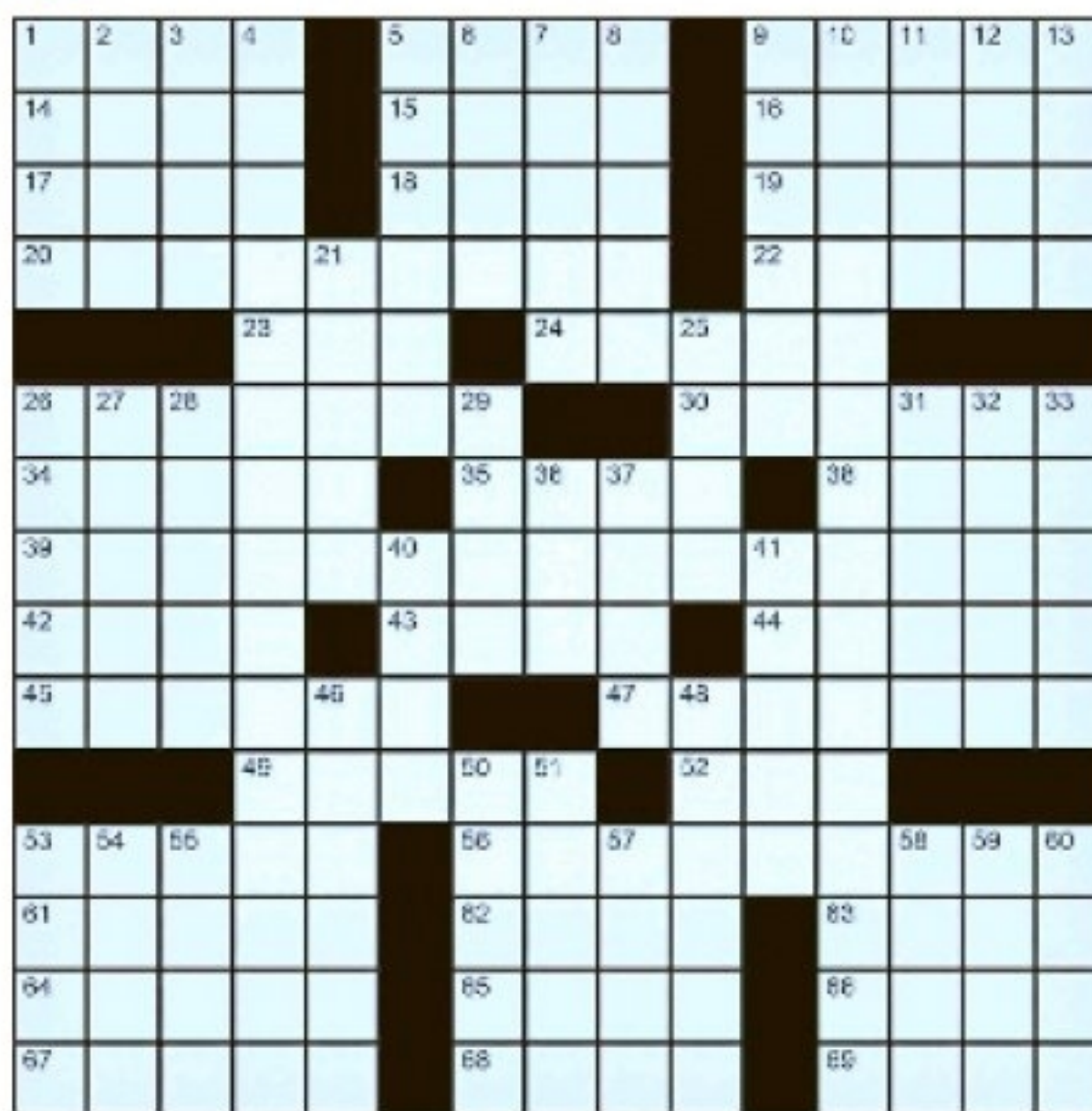
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Put on ___ (Be-come shirted)
- "Cast Away" (2000) transport
- Will ___ (Ladner, British Columbia born actor ...more at #39-Across!)
- Extinct bird
- Folky Mr. Guthrie
- More right-sounding
- Seed covering
- Circle meas.
- Payment proofs, puny-ly
- Prime Minister William Lyon ___ King (b.1874 - d.1950)
- "___ be expected..." (No big surprises)
- 'Lemon' suffix
- Ms. Lake of showbiz
- Prospector's lucrative discovery: 2 wds.
- Alcove
- "The Kid ___ Ton-ite" by Loverboy
- Susan Aglukark's "___ Na Ho (Celebration)"
- Nero's 152
- 2012 comedy in which #9-Across' character was curly: 3 wds.
- 1896 A.E. Hous-man poem, ___ Athlete Dying Young
- L'___ aux Mead-ows (Newfoundland attraction)
- Discharges
- Pressure
- Smokey sight
- "Hallelujah" by



- Leonard ___
- Director Mr. Grosbard
- Schmoes
- "How's the agenda looking after this?": 2 wds.
- Love poet-ry Muse
- "Before ___ you go..."

- (One more thing...)
- "Woe ___!"
- Clown in the opera Pagliacci
- Roman ruler
- ___ Highway
- Commuter's payment
- Smile
- Cravings

DOWN

- Rock star Mr. Duritz
- Afghanistan's ___ Bora
- Relating to lyric poetry
- Fozzie Bear's fashion accessory on "The Muppet Show": 3 wds.

- Sketch star Gilda
- Tucson, ___
- Decorative dash
- Oscar-winner Marisa
- Union action
- For example... Car-cross or Wrigley or Bath-urst Inlet: 2 wds.
- Informally dines

- Cobblestone
- Approximate-ly: 2 wds.
- Mother on "All in the Family"
- 'Demo' suffix
- Brad's of Holly-wood
- "Give it ___!" (Try!)
- "The Beverly Hill-billies" theme song closer: "Y'all come back now, ___?"
- So
- Port ___ Ontario
- Seven, in Spain
- Ms. Spacek
- 'Loon' add-ons (Canuck dollars)
- Itsy-bitsy bit of a min.
- Foolhardy
- Trompe l'___ (Vis-ual illusions)
- "Must you leave ___?" (Can't you stay a bit longer?)
- Lauren or Timothy
- Bobby or Pam on "Dallas"
- Vancouver Can-uck, e.g.
- The Blackhearts singer Joan
- Slangy suf-fix to 'Stink'
- Grade
- Prefix to 'ferous' (Conveying air)
- 'Convul' suffix (Recuperate)
- Comics: Wolver-ine, for one
- Money... Twenty = Two ___

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Surprise opportunities to travel will fall in your lap today. Act fast, because this win-dow of opportunity is brief.

Taurus April 21 - May 21
Today you can benefit from the wealth and resources of others. If someone offers you something like a gift or a fa-vor — take it. You deserve it.

Gemini May 22 - June 21
Someone close to you might make an unusual suggestion to do some-thing different. Why not say "yes"? You are a curious sign and love to learn anything new and unusual.

Cancer June 22 - July 23
Unexpected praise or a raise might delight you at work today. Something positive will hap-pen. Be prepared to act on it.

Leo July 24 - Aug. 23
Surprise invitations to social events will please you today. Likewise, an unexpected flirtation could make your heart go pitter-patter.

Virgo Aug. 24 - Sept. 23
Surprise company might drop by today. Or you might spontaneou-sly decide to entertain at home. Be on the lookout for unexpect-ed real-estate opportunities.

Libra Sept. 24 - Oct. 23
Spontaneous short trips and chances to see new places and meet new faces will please you today. One thing is cer-tain — it's not a boring day!

Scorpio Oct. 24 - Nov. 22
Unexpected opportunities to boost your income exist today. This might be a new job or ways to make money on the side. You also might buy something for yourself that is artistic, modern or high tech.

Sagittarius Nov. 23 - Dec. 21
Because this is a good time to shop for wardrobe items, you might suddenly discover some-thing you really like. Likewise, a social invitation will please you. T

Capricorn Dec. 22 - Jan. 20
Something hidden or behind the scenes will please you today. It will be like a treat that you did not expect to encounter. You'll feel younger and excited.

Aquarius Jan. 21 - Feb. 19
A friend will do or say some-thing that catches you off guard today, but you will like it. Some of you will meet someone new.

Pisces Feb. 20 - March 20
You might develop a crush on your boss today. Or possibly, some-one in authority will say some-thing good about you. This is a good day to ask for permis-sion for something unusual.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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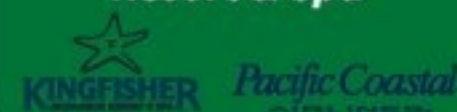
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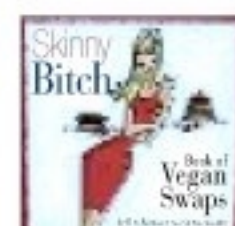
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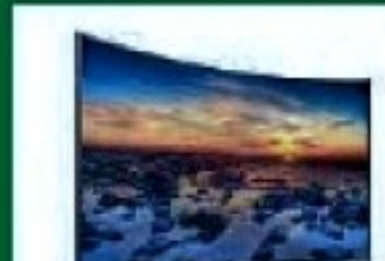
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